

## DAY CAMPERS

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### MID ATLANTIC FIELD HOCKEY CAMP DAILY SCHEDULE

#### SUNDAY

- 5:00 – 5:30 PM CAMP CHECK- IN, AT YOUTH CAMP 2 STORE, CAPE HENLOPEN STATE PARK.  
4:45 – 5:45 PM DINNER  
6:00 – 8:15 PM BE ON THE FIELD (READY TO PLAY)  
WELCOME TO MID ATLANTIC CAMP  
COACHED GAMES 7v7  
8:15 BE AT YOUTH CAMP 3 – COACHES INTRODUCTIONS & CAMP RULES REVIEW  
USA PARTNER CAMP – FUTURES, ATHLETIC TRAINER TALK  
9:15 YOU MAY BE PICKED UP AT THE CAMP STORE

#### MONDAY - WEDNESDAY

- 7:45 YOU ARE INVITED TO BREAKFAST  
(IF YOU NEED TO SEE THE ATHLETIC TRAINER FOR ANY INJURIES, BE AT THE CAMP STORE 30 MINUTES BEFORE THE SESSIONS START)  
9:00 (MONDAY – TUESDAY) - INSTRUCTIONAL SESSIONS, POSSESSION, PASSING/RECEIVING & FIELD HOCKEY SKILLS CONTESTS - LONG DRIVE, AIR DRIBBLE, PUSH-PASS  
( WEDNESDAY ) – AEROBICS, MARKING, COACHED PLAY, PENALTY STROKES  
11:30 – 12:30 LUNCH  
1:00 ( MONDAY) – SKILLS SESSION, (TUESDAY) - SITUATION INSTRUCTION CORNERS, CIRCLE PLAY, STROKES, INDIVIDUAL/TEAM DEFENSE, LONG HITS, FREE HITS, SIDE-IN  
(WEDNESDAY) – SKILLS CIRCUIT AND FUTURES TESTING  
3:00 – 4:30 RELAX, BEACH BREAK, MOVIE IN YOUTH 2 MESS HALL, AND/OR INDIVIDUAL INSTRUCTION ON THE FIELD HOCKEY FIELDS  
4:30 – 5:30 DINNER  
6:00 – 8:15 MONDAY - PRACTICE GAMES, TUESDAY - CAMP CHAMPIONSHIP BEGINS  
WEDNESDAY – CAMP CHAMPIONSHIP CONTINUES  
8:15 EVENING EVENTS (WE WOULD LIKE YOU TO BE HERE FOR THE AFTER GAME SPECIAL EVENTS, ESPECIALLY ON SUNDAY – IT IS NOT MANDATORY):  
\* SUNDAY – INTRODUCTION OF THE STAFF & THE CAMP RULES REVIEW, & FUTURES.  
\* TUESDAY – ICE CREAM SUNDAE NIGHT \*WEDNESDAY – TALENT SHOW

\*Your parents can pick you up after the evening games at the Camp Store at approximately 8:15 pm.

#### THURSDAY

- 7:45 – 8:15 YOU ARE INVITED TO BREAKFAST  
9:00 – 10:30 ALL STAR GAME/CHAMPIONSHIP ROUNDS CONTINUE ( ALL TEAMS PLAY )  
10:30 – 11:45 CHAMPIONSHIP SERIES ( ALL TEAMS PLAY )  
11:45 - AWARDS PRESENTATIONS: ALL STARS, TEAM CHAMPIONS, SKILL WINNERS, NEATEST DORM FOR THE WEEK, MOST VALUABLE CAMPER .  
12:00 - CHECK OUT TIME, SAY GOOD-BYE TO NEW FRIENDS  
WE HOPE YOU ARE A BETTER FIELD HOCKEY PLAYER AND MORE IMPORTANT, A BETTER PERSON, BECAUSE OF THIS MID ATLANTIC CAMP EXPERIENCE!  
\*This Schedule Is Subject To Change